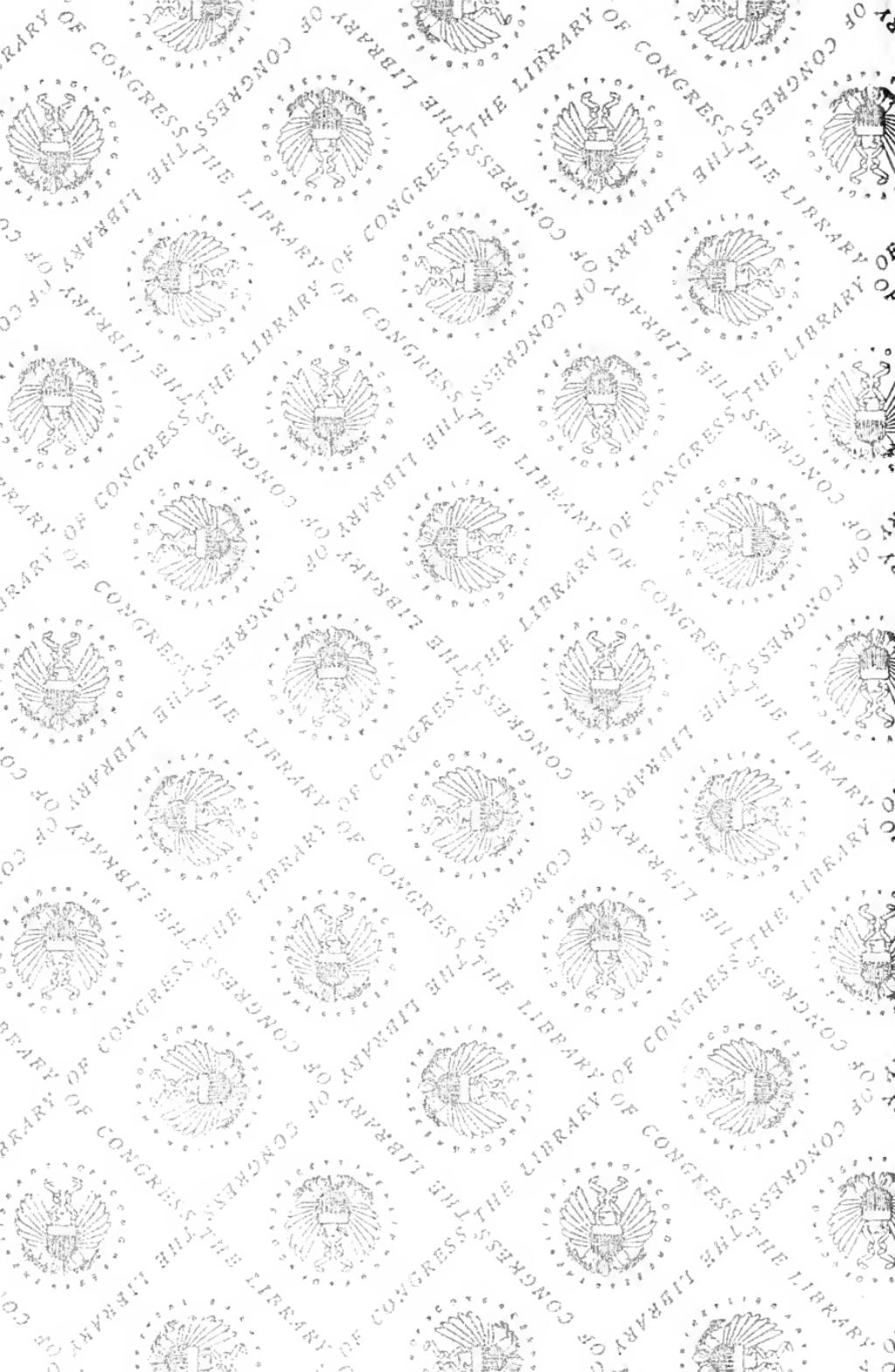


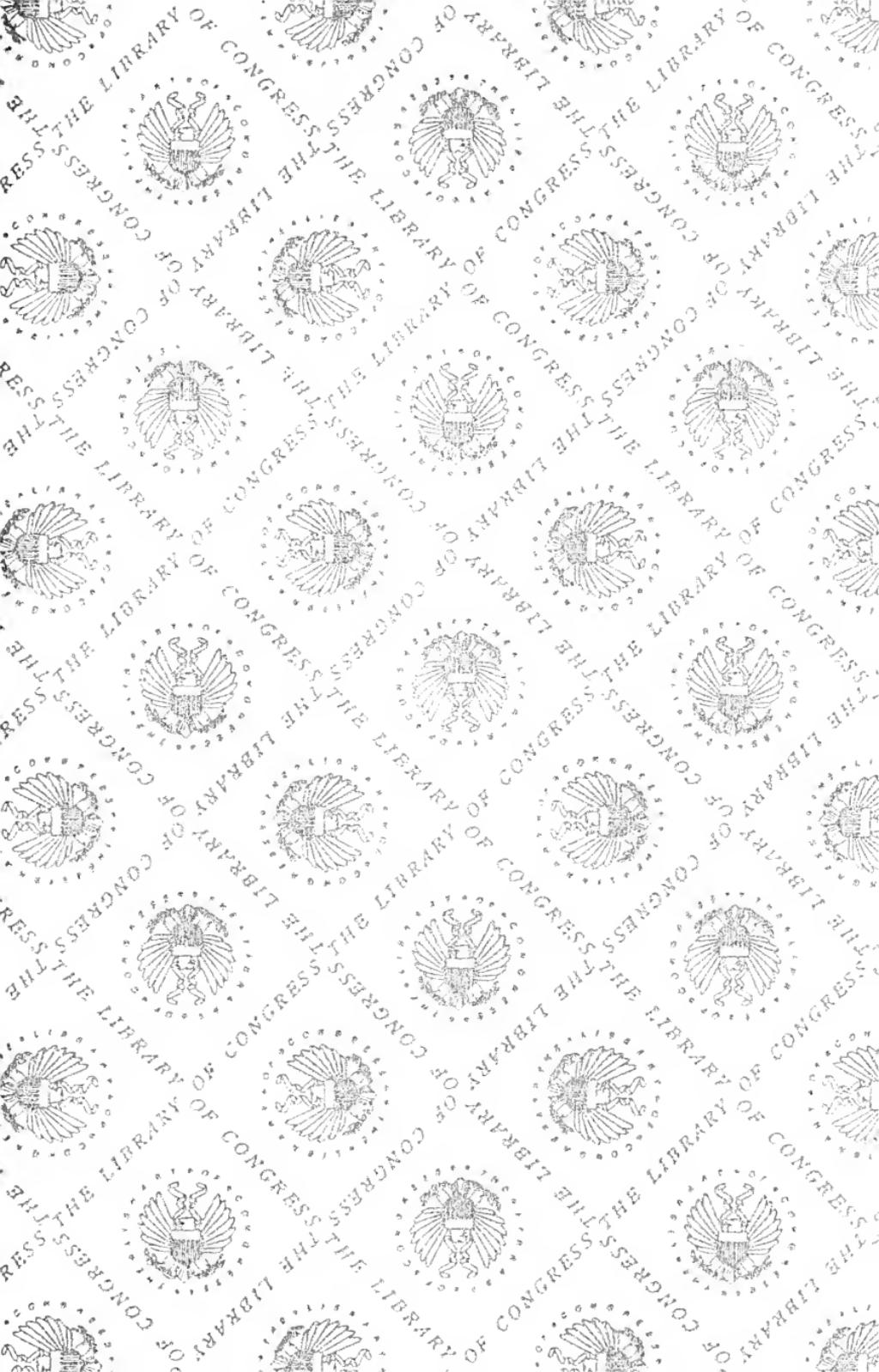
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THE CLIMATE OF MAINE.

BY
GUY HINSDALE, M.D.,
OF PHILADELPHIA.

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THE MEDICAL NEWS,
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THE CLIMATE OF MAINE.*

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THE State of Maine is the largest and, from a climatic standpoint, the most interesting State in New England. The single county of Aroostook is larger than the State of Connecticut and but slightly smaller than Massachusetts. Vast areas of Maine are wild and uninhabited. In the interior there are 1,700 beautiful lakes, many of them at an elevation of more than 1,000 feet.

	Feet above sea-level.
Rangeley	1,513
Mooseelucmaguntic	1,486
Richardson	1,456
Umbagog	1,256
Long Pond	1,094
Attean	1,094
Wood	1,094
Moosehead	1,023

The Penobscot, Kennebec, Piscataqua, Allagash and St. John Rivers, rising in the mountains of Maine, penetrate the State in all directions. Katahdin is the highest mountain, attaining a height of 5,385 feet.

Maine abounds in spruce, hemlock and white pine; and the lumber interests have been a great source of wealth. The soil is sandy. The coast is noteworthy for its innumerable indentations, with harbors protected by headlands and out-

* Read before the Section on General Medicine, New York Academy of Medicine, being a part of a symposium on Summer Climates and Climatotherapy.

lying islands, so that it is admirably adapted for maritime pursuits. The shore-line, if extended in one direction, would stretch for 3,000 miles. The coast is rocky and picturesque. The bays are deep and afford safe anchorage. The islands off the coast are especially noteworthy. Among them, beginning with Campobello and Grand Manan, which are British possessions, although almost within our territory, may be named Mount Desert, Deer Isle, Isleboro, Isle au Haut, Vinal Haven and North Vinal Haven, Monhegan, Squirrel Island, and the islands of Casco Bay.

The harbors of note are Passamaquoddy Bay, Machias Bay, Frenchman's Bay, Penobscot Bay, Booth Bay, Portland Harbor and Casco Bay, including the waters between Portland and Harpswell; Biddeford, Cape Porpoise, York Harbor and Kittery.

Climate.—The climate of Maine is cold and stimulating, and is noted for its severity. On the coast the diurnal range of temperature is small, and the annual range is from 98° F. at Belfast to 109° F. at Portland. The maxima are 94° F. at Bar Harbor; 90° F. at Belfast; Eastport, 88° F.; Gardiner, 97° F.; Portland, 97° F. The minima are: Bar Harbor, 10° F.; Eastport, 12° F.; Portland, 12° F.; Gardiner, 13° F. The mean daily range is from 15 to 17° F.

The cold in winter is penetrating. In the summer there is a corresponding advantage, in that the prevailing breezes are always cool; and, as the shore-line is so nearly easterly, the southerly and southwesterly breezes come from the water. The sea-breeze is an interesting feature of the coast, and on it depends much of the pleasure of summer life. It usually begins at about 9 or 10 A.M., and lasts until 4 or 5 o'clock P.M. It lowers the temperature as it penetrates the interior. It is more distinct on warm, clear, quiet

days, and is absent on cool, cloudy and rainy days, and on days with strong winds in any direction. The rate of the sea-breeze is from 10 to 15 miles an hour, and it produces a very agreeable depression of temperature on the coast; but this depression is not carried inland as far as its wind extends.

The mean minimum and the mean maximum temperature for July and August are given in the following table for nine stations in Maine. Gardiner and Lewiston are about thirty miles inland; Orono and Fairfield are 40 miles inland, and the other stations are on the coast.

	Temperature F.		Mean Minimum. Mean Maximum.		Annual
	July	Aug.	July	Aug.	
Eastport	54	54.4	67.4	66.3	41.3
Calais	56.5	55.	75.2	74.3	
Bar Harbor	56.3	55.3	74.	73.	
Sorrento	54.5	53.5	72.8	72.2	
Lewiston	60.7	56.3	75.7	74.7	
Gardiner	59.5		75.6		43.8
Portland	59.6	57.	73.1	72.2	
Fairfield	54.4	51.4	78.1	75.2	
Orono	58.2	55.8	74.	74.6	42.1

The mean summer temperature for the northern third of the State is precisely the same as for the southern two-thirds; namely, 62.19° F.

The yearly movement of wind is the same as that of New Haven, Conn., and a trifle less than at New York—or about 72,000 miles a year. It is about 25 per cent. less than at Boston and Nantucket, and about half that of Block Island. The annual precipitation averages 49.69 inches at Eastport, 45 inches at Gardiner, 41 inches at Portland. The mean summer rainfall of the State is 11.13 inches.

There is considerable difference in the precipitation of moisture between the northern and

southern slopes—the mean annual fall on the former being 36.71 inches and on the latter 43.56 inches.

Pulmonary Tuberculosis in Maine.—There has been a noteworthy and uninterrupted diminution of the number of deaths from pulmonary tuberculosis in Maine during the last 10 years. The annual number of deaths from this disease has fallen in that time from 1,352 to 1,015. This is a decrease of from 20.24 to 14.69 per 10,000 of population.*

In 1899 consumption had fallen from second place in 1897 to fourth place on the list of fatal diseases, being exceeded by Brain disease, Pneumonia, and Heart disease. Consumption death-rate per 10,000:

Maritime Counties.	Interior Counties.
Washington	18.82
Hancock	15.84
Waldo	20.37
Knox	12.13
Lincoln	15.07
Sagadahoc	8.89
Cumberland	16.55
York	13.45
<hr/>	
Average	15.14
<hr/>	
	Average
	13.64

An analysis of the deaths from pneumonia shows that the mortality from this disease averages precisely the same in the interior counties as in the maritime counties. Aroostook and Washington counties have the least, while Somerset and Cumberland counties have the most. Infantile diarrhea is more common in the interior counties than on the seaboard.

* This is attributed to the fact that the people "are understanding more and more clearly the significance of the fact that consumption is a preventable disease and should be prevented." A circular on the prevention of consumption has been widely circulated in Maine for the past ten years and is a part of a campaign of education for the prevention of disease.

The interior counties of Maine are interesting to us chiefly for the wonderful opportunities for camping and hunting expeditions. Aroostook County affords these to perfection, and may be visited from the time the ice goes out of the lakes until December 15, when the hunting season is over. Toward the end of May notice is sent to the Associated Press that the ice has left Moosehead Lake. One day the lake is covered with porous ice; the next, a strong wind may start the break-up, and in a few hours the lake is clear and the season for trout-fishing opens. Up to about the middle of June the fish take live bait or worms; after that, the fly. In July the brook-fishing affords better sport. There are also some landlocked salmon in Moosehead Lake, and in the Moose and Kennebec rivers. Sea-salmon run up the Penobscot and from its east branch up the Wissataquoik, around the north spur of Katahdin. In Northern Maine salmon come up the Aroostock River from the St. John. They are more difficult to take than landlocked salmon.

Some idea of the magnitude of Maine as a hunting-ground may be gathered from the fact that during 1900 it was estimated that not less than 10,000 sportsmen visited the State, and competent judges estimated that within its borders not less than 15,000 deer were killed. The Bangor and Aroostook Railroad in that year carried 3,379 deer and 210 moose, besides bears and other game. In three years 10,000 deer were shipped by this road alone. These figures are from records kept by station-agents, and do not include deer killed by native hunters or the large quantity consumed in camps. Washington County is also a great hunting-ground, and is believed to contain more bears than all others parts of the State. Moose, deer and fish also abound here, and the various stations on the Washington

County Railroad may be reached in about 16 or 18 hours from Boston.

The game-laws of Maine are strict. Non-resident sportsmen must be accompanied by a registered guide. The penalty for killing more than one moose is a fine of not less than \$500 nor more than \$1,000, or imprisonment for not more than four months. The penalty for killing a deer illegally is \$40. No one may kill more than two in a season. Trout may be taken from the time the ice leaves until September 15.

The best bass-fishing in the United States is found in Great and Long ponds, near Belgrade Mills, five hours from Boston, about half-way between Augusta and Farmington. The best trout-fishing in the United States is in the Rangeley Lakes in southwestern Maine. These are reached in about eight hours from Boston, *via* Portland and Rumford Falls, and they afford ideal sites for camps. As a proof of the remarkable trout caught in these waters I may mention the fact that a brook-trout weighing 11 pounds, $28\frac{1}{2}$ inches long and having a girth of $16\frac{1}{4}$ inches was caught in Lake Mooseelucmaguntic by my uncle, the late Dr. Charles Haddock, of Beverly, Mass. There is no other place in the United States or Canada, so far as I know, where square-tailed trout of this size may be taken.

Birds are not common in the Maine woods. Evergreen forests do not afford attractive nourishment for them, but in the southwestern portion grouse are found.

When it is considered that almost the entire State has become a pleasure park; that during the "heated season" nearly every section has its quota of visitors from beyond the limits of the State; that the woods and lakes, as well as hills and shores, are visited by thousands whose tem-

porary habitations are camps and tents, and whose names are not found upon the registers of large and fashionable hotels; that the pursuit of game and fish by this class of visitors has furnished, during the past season, remunerative employment to 1,316 registered guides, the enormous extent of the summer-tourist business of Maine can be understood and appreciated, and justifies the claims of well-informed authorities that more than 200,000 visitors and \$10,000,000 have been brought into the State during the past season through the attractions of its summer resorts.*

The Islands.—Campobello (latitude $44^{\circ} 57'$ north), just beyond the border of the United States, is a picturesque island in Passamaquoddy Bay, 70 miles northeast of Mount Desert, and three miles from Eastport. It is a favorite summer resort and has a cool and bracing climate.

Washington County, the easternmost part of Maine, abounds in hunting and fishing camps. There are hundreds of streams abounding in trout and salmon, and deer are frequently seen. Always cool in summer, it is a region of intense cold during the winter. The air is sharp and invigorating. The principal camps are at Cherryfield, Columbia Falls, Machias, East Machias, and Franklin. These camps have a capacity of from 10 to 15 guests, and the rates charged are, as a rule, one dollar a day. Further information as to camps and guides can be obtained from the Game Warden of Washington County, or from H. F. Dowst, Calais, Maine.

Mount Desert Island lies close to the northeastern end of the Maine coast. Its coast is rocky and indented by numerous bays. The climate is invigorating, cool, with abundant rain and occasional fog. The air is too chilly and damp

* Report of the Bureau of Industrial and Labor Statistics for 1897, p. 67.

even in summer for very delicate persons or those suffering from pulmonary or catarrhal affections. It is suitable in neurasthenia, insomnia, convalescence from chronic illness, and for recuperation from general nervous and mental fatigue. Although Mount Desert is not over 16 miles in diameter, it possesses 13 mountains and 13 lakes. Green Mountain, the highest summit, has an altitude of 1,500 feet. The principal harbors are Bar Harbor, Northeast Harbor, Southwest Harbor and Seal Harbor. These are all popular resorts for three or four months in the year. Bar Harbor attracts most visitors and is the most fashionable resort, but the others have superior natural advantages and are far less expensive for visitors. Bar Harbor has six hotels and a large number of cottages. The latter rent for from \$600 to \$5,000 for the season.

Frenchman's Bay, lying north of Mount Desert Island, is about eight miles broad, and is an occasional anchorage for warships.

Winter Harbor is reached *via* Bar Harbor, and has an attractive, well-kept hotel on Grindstone Neck, a portion of the mainland. There is a superior club-house, and the harbor affords good anchorage.

Castine is a quiet, picturesque summer resort at the head of Penobscot Bay. It has a cool, stimulating climate and affords excellent opportunities for sailing. The accommodations are rather primitive, and access is by steamer from Portland, Belfast or Bangor. Islesboro is in many respects one of the most desirable resorts on the coast. The southern end of the island is controlled by a company which has built a large inn and has secured the support of gentlemen in Philadelphia, New York and Boston in erecting some of the most beautiful summer residences on

the coast. Isle au Haut, Camden, Rockland and the islands near Bath are also well-known resorts.

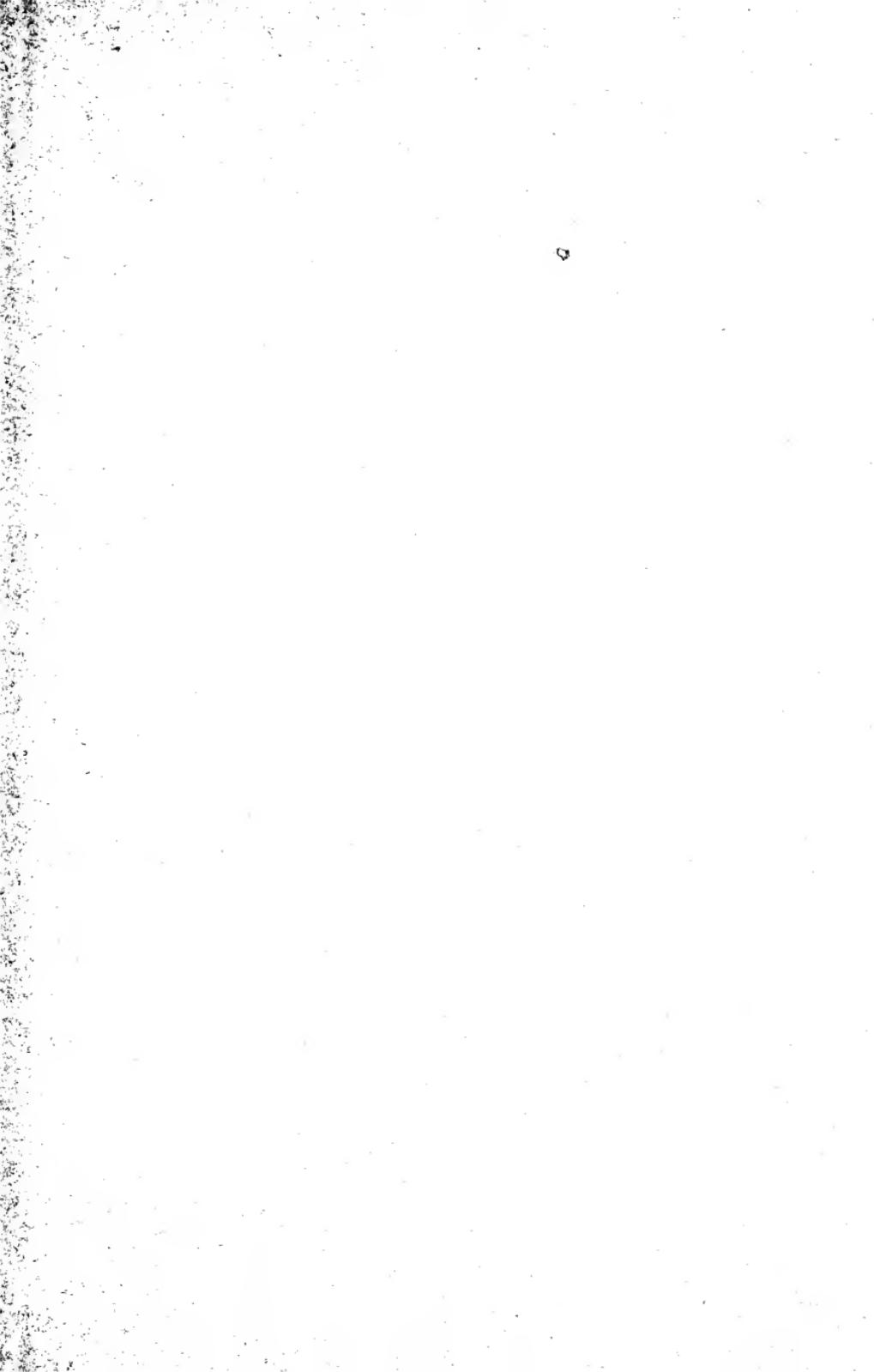
Near Portland there are numerous islands which support a large summer population. As a rule the accommodations are very moderate and unpretentious. Orr's Island and Bailey's Island are among the most desirable.

Old Orchard Beach has lapsed from its former prestige and, although largely visited in July and August, does not appeal to those who seek quiet, and at the same time choice surroundings.

Kennebunkport is one of the best places on the Maine coast for summer residence. It is pre-eminently cool, free from fog and full of natural attractions. There are nearly 100 cottages and a few moderate-sized hotels where visitors may be made very comfortable. The average temperature during July, 1900, was 67.2° F. at 8 A.M.; 71.7° F. at 2 P.M., and 67.2° F. at 8 P.M.; in August, at 5 A.M., 60.2° F.; 8 A.M., 66° F.; 2 P.M., 69.5° F.; 8 P.M., 64.4° F. Situated about 25 miles south of Portland, it is much more accessible than the resorts further east, and the water is warmer and excellent for sea-bathing. The temperature of the water ranges from 57° to 67° F. during the summer, averaging 62° in July, 61° in August and about 60° in September.

York Harbor is an attractive old town with a summer colony of moderate proportions.

The mineral springs of Maine deserve mention. The most famous locality of these is Poland Springs. There is probably no mineral water in the United States that has a wider sale. It is a pure, palatable, diuretic water containing 3.67 grains of solids per gallon, the principal ingredient being silica. The resort is open winter and summer and the water is shipped all over the United States.



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